

# Mango Salsa

Serves 6, ½ cup per serving

## Ingredients

2 large ripe mangoes  
1 small cucumber  
2 medium green onions  
1 medium jalapeño pepper  
2 medium limes  
½ teaspoon salt  
Pinch of cayenne pepper

## Optional Ingredients

¼ cup fresh cilantro

## Directions

1. Rinse mangoes, cucumber, green onions, jalapeño pepper, and limes.
2. Peel mangoes. Cut mango flesh from the pits and remove seeds from the cucumber.
3. Dice mangoes and cucumber. Finely chop green onions and place all three in a small bowl.
4. Cut jalapeño pepper in half vertically and remove seeds. Dice jalapeño pepper and add to mixture.
5. Rinse limes and cut in half. Squeeze juice from each half into mixing bowl, discarding seeds.
6. Add salt and cayenne pepper. If using, rinse and chop cilantro and then add to salsa.
7. Mix well, cover, and refrigerate for at least one hour before serving.



## Chef's Notes

- Mangoes usually feel a little softer and tend to turn more orange or red in color, instead of green, when they are ripe.
- Be careful when handling the jalapeño pepper — be sure not to touch your eyes and make sure you wash your hands thoroughly after touching the raw pepper — or it will burn.
- Try serving mango salsa as a dip with tortilla chips, as a topping for fresh fish or pork, or as a topping for black bean soup or tacos.

## Nutrition Facts

Serving Size ½ cup (142g)  
Servings per Recipe 6

### Amount Per Serving

**Calories** 60      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 2g      **8%**

Sugars 12g

**Protein** 1g

Vitamin A 15%      • Vitamin C 45%

Calcium 2%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Black Bean and Vegetable Quesadillas

Chef Deborah Kelly • Chicago, Ill.

Serves 6, 1 (8-inch) quesadilla per serving



## Ingredients

2 medium carrots  
1 medium zucchini  
1 Tablespoon canola oil  
½ cup canned or frozen corn  
½ (15½ ounce) can black beans  
Pinch of salt  
½ teaspoon ground black pepper  
4 ounces low-fat cheddar cheese  
12 (8-inch) whole wheat flour tortillas

## Optional Ingredients

3 Tablespoons fresh parsley or cilantro leaves

## Directions

1. Preheat oven to 325°F.
2. Rinse zucchini and carrots. Peel carrots.
3. Dice carrots and slice zucchini.
4. Heat canola oil in large saucepan over medium-high heat and sauté carrots until semi-soft, about 5 minutes.
5. Add zucchini and corn to saucepan and cook until tender, remove from heat.
6. Drain and rinse black beans, adding half the can to vegetable mixture, and stir to combine.
7. Season mixture with salt and black pepper and add rinsed and chopped fresh parsley or cilantro if using.
8. Grate cheddar cheese.
9. Spread 4 Tablespoons of vegetable mixture on each of 6 tortillas.
10. Top each tortilla with 2 Tablespoons shredded cheese and then another tortilla.
11. Bake quesadillas directly on oven rack until cheese melts, about 7 minutes.
12. Cut each quesadilla into 6 wedges (like a pizza) and serve immediately.

## Nutrition Facts

Serving Size 1 (8-inch) quesadilla  
(256g)  
Servings per Recipe 6

Amount Per Serving

**Calories** 400      **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 1090mg      **45%**

**Total Carbohydrate** 65g      **22%**

Dietary Fiber 11g      **44%**

Sugars 8g

**Protein** 17g

Vitamin A 70%      • Vitamin C 10%

Calcium 40%      • Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Chef's Notes

- Add any of your favorite vegetables to the filling or use as toppings.
- Top with low-fat sour cream or salsa.
- Use the other half of canned beans in a soup or to top a salad.
- For easier cleanup, line oven rack with one or two sheets of aluminum foil, to catch any melting cheese from the tortillas.